



Community Mobilization *Winter 2010 Workshops*

Course Description:

A vital part of the Healthy Communities Project is building community partnerships and involving the community in developing and implementing your action plan. This training will provide strategies to strengthen current partnerships, identify new partners, and mobilize your community around policy, environmental, and systems change to increase physical activity and access to healthy foods and reduce tobacco use. The trainers are staff from smaller local health jurisdictions that have established effective coalitions in their community and have extensive experience in community mobilization.

Training objectives:

- Explain importance of building consensus for chosen course of action
- Describe steps for establishing and maintaining linkages and/or partnerships with key stakeholders and interacting effectively with other major sectors (private, non-profit, governmental, etc.)
- Demonstrate use of effective collaboration strategies to build meaningful partnerships
- Determine best process for facilitating the use of local coalitions as effective change agents for chronic disease prevention and control

The Presenters:

Sarah Bedsaul is a Health Educator for the Kittitas County Public Health Department. Sarah has a Bachelor of Science Degree in Community Health Education from Central Washington University and is a Certified Health Education Specialist (CHES). In 2007 she was given the Emerging Public Health Leadership Award from the Washington State Public Health Association. Having worked for the Public Health Department for over eight years, she has worked with many programs including Tobacco Prevention and Control, Food Safety, HIV, and Breast and Cervical Health. Her latest endeavor has been managing an Obesity Prevention Program titled Shape Up Kittitas County. Sarah is a lifetime resident of Ellensburg and enjoys her close work within the community.

Liz McNett Crowl is the Healthy Communities Specialist with Skagit Valley Hospital in Mount Vernon, Washington. She coordinates the Skagit County Healthy Communities Project, a partnership of the Skagit County Public Health Department and Skagit Valley Hospital, with broad community support to focus on increasing access to healthful nutrition and physical activity to decrease chronic disease and obesity. Liz is known for her ability to build capacity around issues related to inactivity and obesity, and efforts to make the healthy choice the easy choice by advocating for policy and environmental changes. Liz has served as a consultant for the Washington State Department of Health, providing technical assistance on new Healthy Communities Washington projects; is a member of the Bicycle Alliance of Washington Board of Directors; is a member of the Washington State Department of Transportation Safe Routes to School Advisory Committee, the Washington Childhood Obesity Prevention Coalition Advisory Committee, and the Washington Coalition for Promoting Physical Activity. She is an American College of Sports Medicine certified Health Fitness Specialist, a League of American Bicyclists certified league cycling instructor, and teaches group fitness classes at her local YMCA.

Intended Audience:

Washington State Department of Health Healthy Communities Washington Project and Tobacco Prevention and Control Program staff, contractors and invited partners. Workshop will be open to other participants on a "space available" basis only.

Dates & Locations: January 12, 2010 - [Best Western Wheatland Inn](#), Colfax
January 21, 2010 - [Grays Harbor College, Main Campus](#), Aberdeen

Time: **9:00 AM – 4:00 PM**

A Healthy Communities WA (HCW) presentation will be provided at 9:00 a.m. – 9:30 a.m. All HCW project pilot leadership team members are required to attend. Participants who are not part of the HCW project may arrive at 9:30 a.m. when the training component begins.

**** We will take a 30 minute break for lunch, and lunch will be provided.
Please plan to bring your own coffee and snacks, as they may not be available at the venue. ****

Dietary & ADA Accommodations: If you have special dietary restrictions, or require ADA accommodations, please contact Sheryl Taylor at sheryl.taylor@esd112.org as soon as possible.

To register online: Go to www.whcrc.org, click on the title listing for the date and location you would like to attend, scroll down and click on 'Register Now'. **Registration deadline is 1 week prior to each workshop.**

- Certified Health Education Specialist (CHES) credits available
- Certificates of completion are available

For more information or registration assistance, contact Sheryl Taylor at 360.750.7500 x266 or sheryl.taylor@esd112.org.



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